

Relationship Centered Communication Basics
MSWAP- October 2022
Cathy Braxton, CEO, Owner, Creator improv4caregivers

Why do the Rules of Improv Help Create Relationship Centered Connection with Those
Living With Dementia

Rule #1: Relinquish Your Agenda

1. What do you prioritize and does it help you reach your ultimate goal?
2. Ask yourself, "what am I truly trying to achieve here? At this moment?"
3. 3-4 Agendas that can catch you up and cause Breakdown:

Rule #2: Make Your Partner Look Good

1. Consider Shame as the Emotion we avoid the most
2. Tapping out
3. Becoming Specifically Grateful
4. Body Language

Rule #3: The Gifts

1. Key Comments
2. Key Emotions
3. The short loop

Rule #4: Yes, And...

1. How to be in agreement and add to it, why is this so important?
2. Verbally, Physically, Emotionally
3. PLD emotions and experiences vs YOU
